



SAFETY ADVISOR October 2005

The Navy Region, Mid-Atlantic Public Safety, Little Creek Safety Office publishes the Safety Advisor and widest dissemination within your organization as encouraged. Please post on official bulletin boards and route to your staff.

Halloween Safety



A few safety tips from the U.S. Consumer Product Safety Commission can protect children who plan to go trick-or-treating this Halloween.

Treats: Warn children not to eat any treats before an adult has carefully examined them for evidence of tampering.



Flame Resistant Costumes: When purchasing a costume, masks, beards, and wigs, look for the label **Flame Resistant**. Although this label does not mean these items won't catch fire, it does indicate the items will resist burning and should extinguish quickly once removed from the ignition source. To minimize the risk of contact with candles or other sources of ignition, avoid costumes made with flimsy materials and outfits with big, baggy sleeves or billowing skirts.

Costume Designs: Purchase or make costumes that are light and bright enough to be clearly visible to motorists.

- * For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape that will glow in the beam of a car's headlights. Bags or sacks should also be light colored or decorated with reflective tape. Reflective tape is usually available in hardware, bicycle, and sporting goods stores.
- * To easily see and be seen, children should also carry flashlights.
- * Costumes should be short enough to prevent children from tripping and falling.
- * Children should wear well-fitting, sturdy shoes. Mother's high heels are not a good idea for safe walking.
- * Hats and scarves should be tied securely to prevent them from slipping over children's eyes.
- * Apply a natural mask of cosmetics rather than have a child wear a loose-fitting mask that might restrict breathing or obscure vision. If a mask is used, however, make sure it fits securely and has eyeholes large enough to allow full vision.
- * Swords, knives, and similar costume accessories should be of soft and flexible material.

Pedestrian Safety: An adult or an older, responsible child should always accompany young children. All children should WALK, not run from house to house and use the sidewalk if available, rather than walk in the street. Children should be cautioned against running out from between parked cars, or across lawns and yards where ornaments, furniture, or clotheslines present dangers.

Choosing Safe Houses: Children should go only to homes where the residents are known and have outside lights on as a sign of welcome.

- * Children should not enter homes or apartments unless an adult accompanies them.
- * People expecting trick-or-treaters should remove anything that could be an obstacle from lawns, steps and porches. Candlelit jack-o'-lanterns should be kept away from landings and doorsteps where costumes could brush against the flame. Indoor jack-o'-lanterns should be kept away from curtains, decorations, and other furnishings that could be ignited.



Standard Time



Don't forget to reset your clock on Sunday, October 30 at 2:00 A.M. This is also a good time to change the batteries in your smoke detectors.

Now that fall is here and we approach the beginning of the winter heating season, we need to practice Operational (Home) Risk Management by performing some home preventative maintenance. Following are some tips and ideas.



Heating and Cooling Systems

- Have heating and cooling systems checked by a qualified serviceperson once a year or according to the manufacturer's warranty and service recommendations. Failure to do manufacturer-recommended servicing may void warranties.
- Clean or replace filters. Check your owner's manual for recommended procedures. Some filters should be replaced as often as once a month.
- Clean dirt and dust from around furnaces, air grills, and ducts.
- Regularly clean out fireplace ash pit.

- Have the chimney checked each fall before you use it. A build up of creosote and soot or other blockage (such as a bird nest) can be very dangerous. If you use your fireplace or woodstove regularly, a yearly cleaning is recommended. Seek help from professional fire fighters or chimney inspectors if you have any doubt about the chimney safety.
- Be sure that the chimney and stovepipe were installed correctly in accordance with the manufacturer's recommendations and local codes. If there is any doubt, a building inspector or fire official can determine whether the system is properly installed.
- Check the attic to be sure that insulation or other material is not blocking free air flow through soffit vents, gable vents, or other attic vents. If light from the outside shines through each vent into a darkened attic, then the vents are clear.
- Be sure that everyone knows how to operate the heating system (turn on and off, adjust temperature).
- **Important!** Make everyone aware of the location and operation of the emergency shutoff device for the heating system.

Motorcycle Training Course



Motorcycle Safety Foundation Motorcycle Rider Course/Basic Rider Course (MSF MRC/BRC)

Reference: OPNAVINST 5100.12G
DODINST 6055.4

Course is Required for: Military personnel operating a motorcycle on or off duty, regardless of their intent to ride their motorcycle on base, and DOD civilian personnel operating a motorcycle on any naval installation are required to complete the course. (Course completion card is required to obtain base sticker).

Motorcycle Training Course FY 06 SCHEDULE	
Month	Dates
NOVEMBER (2005)	14-15
DECEMBER (2005)	TBA
JANUARY (2006)	TBA
For information call 462-2197 or 462-2199	

Additional classes may be scheduled for groups of five or more. Please call the above number to discuss.

Personal Protective Equipment Required for Class

1. Helmet that properly fastens (under the chin) and meets U.S. DOT standards.

2. Eye protection in the form of face shield attached to helmet or goggles. (Safety glasses, a windshield or faring are not considered proper eye protection).
3. Sturdy, over the ankle footwear: (NO TENNIS SHOES)
4. A properly worn long sleeved shirt or jacket and long legged trousers.
5. Full finger leather or equivalent gloves.
6. A brightly colored outer upper garment during the day and a reflective upper garment at night (brightly colored vest with retro-reflective strips is no longer required, but meets standard)
7. CIVILIAN ATTIRE MAY BE WORN

Class requirements and sign up procedure

For Registration form & procedures, visit our website at
<http://www.nasoceana.navy.mil/Safety/lc/Motorcycle/motorcycletrainingcourse.htm>

1. **Must have a valid motorcycle driver's license** or motorcycle designator (e.g., Class M in Virginia on your driver's license) to attend this class. **Learner's Permits are not acceptable.**
2. In addition to registering for the class, **active duty military** must return to the Safety Office **within a day of applying** a *Special Request/Authorization Form (NAVPERS 1336/3)* signed by his/her command.
3. Must bring your own motorcycle (properly registered and inspected).
4. A temporary pass to allow your motorcycle on base for the class will be issued for the two-day class dates only. (No other temporary passes).
5. Obtain the temporary base pass by presenting the required motorcycle documentation to the Pass & ID office located on the west side of Bldg 3505 (Boone Clinic) outside Gate 4 NAB Little Creek. (There is not enough time to get the pass on the morning of the class and still make it to class on time; so get your on the Friday before class).

AAA Driver Improvement Program (DIP)

For registration & procedures, visit our web site at <http://www.nasoceana.navy.mil/Safety/lc/Traffic/dip.htm>

1. OPNAVINST 5100.12G Navy Traffic Safety Program Instruction requires DIP classes for:
 - (a) All Navy military and DON civilian personnel operating government motor vehicles (GMV). Personnel are required to take the DIP Class if they are required to operate a GMV by job description, PD, a requirement of the specific job, etc. It does not include personnel who operate GMVs such as the CO/XO, person using a GMV to go on travel, etc.
 - (b) All Navy military and DON civilian personnel involved in a crash while driving a GMV (whether on or off government property)
 - (c) All Navy military personnel who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely,

failure to yield, etc). while driving a private motor vehicle (PMV) or GMV (whether on or off government property)

(d) All DON civilian personnel in a duty status who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely, failure to yield, etc). while driving a PMV or GMV (whether on or off government property)

(Note- Serious violations are similar to those considered ["6-point violations"](#) by the Virginia Department of Motor Vehicles).

Offenders, military or civilian, shall successfully complete the American Automobile Association's Driver Improvement Program (AAA DIP) conducted by a COMNAVSAFECEN-approved instructor or other COMNAVSAFECEN approved training or lose installation driving privileges

2. Commands shall enroll personnel described in paragraph a. or b. above in one of the below listed DIP classes by calling 462-2197 or 462-2199. These AAA-DIP Classes generally are conducted at 0700 on the last Wednesday each month or as requested. The following classes are scheduled for FY-06:

Driver Improvement Program (DIP) FY 06 SCHEDULE	
Date	
OCTOBER 26	(2005)
NOVEMBER 30	(2005)
DECEMBER 28	(2005)
To register call 462-2197 or 462-2199	

MILITARY UNDER 26 YEARS OF AGE

"Under 26 years Entry-Level Traffic Safety"

OPNAVINST 5100.12G, paragraph 5.c (7) requires that "...all military personnel under the age of 26 receive traffic safety training..."

(Note: All military personnel under 26 years of age **DO NOT** have to take the **AAA-DIP course** above. However, the AAA-DIP course above **DOES** satisfy the "Entry Level" course, but the AAA-DIP course is not intended for this purpose. Conversely, the Entry-Level Course below **DOES NOT** satisfy AAA-DIP requirements).

FEDERAL SAFETY AND HEALTH COUNCIL (FSHC) MEETING

The next Hampton Roads FSHC meeting will be held on Thursday, October 20th at 11:30 AM at the C&M Cafeteria, 737 Independence Blvd. Virginia Beach. Tom Pope, OSHA's Norfolk Office Head will be guestspeaker, "OSHA update". All Safety Managers and personnel are encouraged to attend. Contact Mike Eardley at 444-7351.

We appreciate all those who contributed articles to this newsletter.

REGIONAL SAFETY OFFICE

2660 Tarawa Ct. Bldg. 1602 Suite 112-D
Norfolk, VA 23521-2415

(757) 462-2193 • fax (757) 462-2566 • DSN 253